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SELF-CONSCIOUSNESS OF STUDENTS IN SOCIAL AND PSYCHOLOGICAL MECHANISMS

Abstract: This article is about self-consciousness of students in social and psychological mechanisms. National self-awareness is manifested in the national interest, when he clearly manages the position of his nation in the social and ethnic identity of a person, in the social sphere. There are a number of objective and subjective factors of national self-consciousness. One of these is a national feeling, which reflects the emotion of a person in the process of interpersonal relationships, in experiencing high spiritual inner tensions and creative ideas.

Key words: Heritage, outlook, awareness, emotional experiences, social, ethnic, knowledge, external, internal, psychological maturity.

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Introduction

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The challenges of upholding the human personality, its high moral qualities, the formation of the national independence ideology, the upbringing of the younger generation in the spirit of respect for our rich cultural heritage and our historical values, and the love for our independent home country put forward important tasks. The formation of a spiritual outlook of young people with a healthy spirit, and finding effective ways of working on this issue is related to the youth's self-awareness, their competence, and the optimal behavior in the moral and social norms. Self-awareness, self-awareness, and self-esteem are primarily due to their focus on themselves, their inner potentials, abilities, emotional experiences. That is, the social behavior of the person surrounding him requires not only focusing on their behavior, but also on regular analysis of their individual actions and their consequences. It is impossible for a person to

understand another person before embracing his own "I" without having to fully understand himself and to experience the emotional experiences of others.

A clear demonstration of the fact that a person can not compromise with himself is the exemplary frustration, the essence of space vacuum, which is the main idea of existential psychology. When a person experiences a vacuum, vacuum, there is love for life, aspiration toward achievement, activeness, weakness, emotional coldness, indifference. Therefore, it is necessary to educate young people to become self-conscious, to have their own imagination, to introduce "internal discipline" in their mentality and thus to educate themselves spiritually. Because the spiritual development of a person first of all requires self-consciousness, its subsequent self-interest, and finally the familiarization of the society. A human being's awareness of society is his national self-consciousness.

National self-awareness is manifested in the national interest, when he clearly manages the

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position of his nation in the social and ethnic identity of a person, in the social sphere. There are a number of objective and subjective factors of national self-consciousness. One of these is a national feeling, which reflects the emotion of a person in the process of interpersonal relationships, in experiencing high spiritual inner tensions and creative ideas.

The national self-awareness, starting with "I," is a real "I," the "I" in the past, the present "I", the next "I", the ideal "I" dynamic expression. The appearance of self-consciousness varies from place to place, because it can only be achieved by assessing its recent past, eliminating the shortcomings in its current life, the choosing of the best ways to succeed, and the ability to diagnose its own potential.

The concept of "I - concept" occupies a special place in the concepts of human personality in psychology. This concept is interpreted as a collection of perceptions about a person's relationship with others. In the process of teaching, the concept of "I - Concept" is even more important because the pedagogue - the teacher - evaluates the youth on the basis of their own perceptions, extends and absorbed the experience they have acquired.

If a teacher has a positive "I - Concept" - that is, there is a sense of personal abstinence, emotionally stable and mature, the relationship between the teacher and the youth is based solely on positive perceptions, and the teacher does not expect a negative attitude towards young people. There will be no problem with self-evaluation. Indeed, the teacher's positive "I-Concept" positively influences the formation of the student identity, since the age at which a person needs to have a positive assessment of his / her work, plays an important role in shaping the positive character of the student.

The student will become a highly qualified, qualified specialist in the future, and will have a solid knowledge and a strong knowledge in the field of communication with the future "I". In the future, their talent as a self-employed, initiator and organizer is largely dependent upon their well-organized professional qualities. An inexperienced researcher is the main criterion for this process, in which the dynamic "I" is going to change, and the ability to control the quality and effectiveness of the process is reasonably accurate.

The image formed by the imagination of the person himself, his attitudes, characteristics, and position in society, is the image of "I" and the degree to which it is closer to reality determines the perfection of the person. Man's upbringing is manifested by his understanding of himself and his qualities. Because each person's self-esteem reduces the likelihood of contravening existing norms in society

Self-consciousness is often difficult for a person to realize that human nature is trying to "grasp" inappropriate qualities that are incompatible with the

norms of those societies that are incompatible with his or her society, and even such imagination and knowledge are absorbed into the consciousness (Austrian scholar Z. Freud according to the theory). This is a personal protective personality in every person. This protection mechanism often protects a person from various ill effects and emotions.

Self-awareness is closely linked to the self-actualization of a person. The following factors play an important role in the self-actualization of a person:

1. Self-communication, in which the person perceives himself as an obedient creature and organizes a dialogue with himself.

2. Self-reliance, in which the person is subordinate to positive norms of behavior through his ability, power, and will.

3. To give orders to yourself is a person's self-conceit in a very extreme and extreme case, and can encourage himself to optimally.

4. Self-reliance - in which the formation of competent judges based on the social norms of an individual is carried out.

5. Internal discipline is an essential criterion for self-governance that is always necessary for the regular correction and management of all its actions.

There is a theory of "control locus" in psychology that deals with the self-control of a person, which means that there are two types of activity in each human being. The first type of activity is that a person recognizes himself as the cause of all the events that occur in his life. They are internal, which are characterized by excessive trust, diligence in achieving goals, self-analysis, communication skills, sympathy and independence. The second type of activity is characteristic of all external and external factors that are the cause of the events and phenomena that are happening and are characterized by the fact that they do not believe in their capabilities, explicitly set their goals for an indefinite period, are overly excited, suspicious, conformable, aggressive, and sincere. Externals are also able to successfully perform their business on a strictly regulated basis, but exhibit better performance by others.

According to the American scientist D. Rotter, children who are trained to deal with harvesting are less likely to experience frustration, neurotics' and conformism. They are active, independent, independent thinkers. They have a sense of self-esteem, and that does not interfere with living with others. Therefore, it is necessary to create the conditions for young people to take more initiative, to have independent thinking and freedom in educational institutions where an important stage of socialization is going to be the cornerstone of today's politics. Based on this, we conducted a questionnaire for locally-supervised students. The questionnaire was attended by first and fourth year students of the psychology course. The reason for the choice of respondents is the study of students who have recently

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adapted to higher education institutions and the different aspects of graduate students' relationships to life, work, family, and other people.

Table 1.

COURSE	External		Internal	
	Boys	Girls	Boys	Girls
I	2 6%	10 27%	20 53%	5 14%
IV	3 11%	10 34%	7 26%	8 29%

45% of the graduating students are externals, 34% of them are girls, only 11% are young men, 55% are internal, 26% of them young men and 29% girls. The results of the first-year students also satisfied us. 67% of the students who are just beginning to adapt to the higher education institution are internals. 53% of them are in the defense of our homeland and are characterized by the fact that they have many experienced experiences. Among young people, 33 per cent of the population, only 6 per cent are young men and 27 per cent are girls.

The sooner you realize how human self-actualization depends on you, the more you look at life and the more important goals you set. In educating young people, it is important to predict their psychological maturity by instilling in them a sense of self-esteem. This feeling is not a biological phenomenon but a social phenomenon. Because this emotion develops during the process of man's spiritual formation.

A person with a psychological maturity can be more vigilant in different living conditions and circumstances. This vigilance is evidenced by practicality, accurate assessment of reality, adequate assessment of the individual's achievements and shortcomings, knowledge, skills and abilities.

Such a person is characterized by his ability to control his or her feelings, that is, the high level of internal discipline. Psychological maturity depends somewhat on understanding other people's desires, desires, and experiences. This, in turn, contributes to a dialogue, a good partnership, a positive relationship in the family and in different groups.

In one of his philosophical debates, the Great Socratic had called on you to "know yourself" about self-awareness. Thus, an important stage in the process of knowledge or the most important object of knowledge is man himself. Self-awareness creates the spirit of man. Psychological competence teaches people to be self-controlled, self-directed, self-discipline, and to use their abilities effectively.

Student self-esteem should be improved by focusing on positive things. The student should have a positive experience, that is, to work for himself, his

family, his group, and his team. There is a need to expand the practice of involving students in public affairs and increase their interest in this work. The student forms the important socio-psychological qualities, such as personal perception, the analysis of his / her positive and negative qualities, and the separation of his personality among others. This creates a self-control system for the individual.

A self-aware person can protect his own interests. Protecting your own interests means that you have the right to express your opinions, rights, claims, and self-respect. A person who believes in himself is explicit in expressing his or her own attitude towards any event. That is, he can assume responsibility for his emotions and tell others about what he is doing. This is the normal way of behavior. Not everyone has the same ideas, demands and rights that are not indifferent to the others. The only way to reach them is to be able to protect them personally. People who trust themselves understand their own needs and demand their cure. At the same time, such a person recognizes the right of others to defend their interests. Therefore, they do not go beyond the limits of their demands and respect the demands of others. People who trust themselves are honest and honest with themselves and those around them. They perceive the reality realistically, and do not discriminate on the events taking place and speak indifferently. They are real, not illusions. The mature person wants to know what he or she needs. The basic principle is to behave naturally without trying to look good.

The egoist, however, is busy in his own affairs, and most of the others deny it. We all think that egoism is bad, we need to put priority on others' interests. However, the level of care that a person has in people around him is a special philosophical issue. Protecting one's own interests means recognizing and demanding that we have the full right. To avoid lying to our own interests, we will abandon a permanent thing and eventually become alto theft, worse than egoism - for others to become self-sacrificing. In order not to condemn us egoistic, we put not only the interests of others but also our own legal desires, and we do not respect ourselves. It can be that if you can

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not help yourself, you will not be able to care for others even when you want to. The ability to safeguard the interests of the real person means honesty and respect for the rights of others.

During the period of studentship, components of self-governance, creative thinking, specific life experiences, emotional intelligence, emotions, moral values, self-awareness and sustainable beliefs are formed. Taking this into account, students should explore the interests of youth, learn more about them,

organize more meetings, arrange meetings and meetings, arrange various circles, sports sections, increase scientific research associations, organize competitions, conferences, debates, debates and other public events. . Jean Pajaja, a psychologist, believes that discussions and debates about young people on various topics, such as selfishness, selfishness, and self-awareness can also heighten the personality of others.

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